

HORARIO DE ACTIVIDADES DIRIGIDAS / GUIDED ACTIVITIES SCHEDULE

HORARIO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07.30					PILATES 45'		
08.00	EXPRESS WORKOUT 30'	GAP 30'	HIPOPRESIVOS 30'	GAP 30'			
08.15							
08.30	CROSS TRAINING 45'	GROUP CYCLE 45'	GAP 45'	GROUP CYCLE 45'	GAP 45'		
09.30	PILOXING 45'	BODY PUMP 45'	PILATES 45'	POWERBARRE 45'	GROUP CYCLE 45'		
				RUNNING 45'		GROUP CYCLE 45'	CROSS TRAINING 45'
10.30	GROUP CYCLE 45'	POWERBARRE 45'			ENDURANCE 45'		
	HIPOPRESIVOS 30'	HYROX 45'	GROUP CYCLE 45'	CROSS TRAINING 45'	VINYASA YOGA 50'	BODY PUMP 45'	STRETCHING 45'
11.00			ZUMBA 45'				
11.30	HATHA YOGA 50'	PILATES 45'	CORE 30'	PILATES 45'	CORE 30'	PILATES 45'	
12.00			ESPALDA SANA 45'		ESPALDA SANA 45'		
14.00	SINGULAR TRX 40'						
15.00			HIPOPRESIVOS 30'				
			GAP 45'				
17.00		BODY PUMP 45'	VINYASA YOGA 50'	PILATES 45'			
17.30	GROUP CYCLE 45'				PILATES 45'		
	PILATES 45'						
18.00		CIRCUIT BOX 50'	HYROX 45'	CARDIO BOX 50'			
				CORE 30'			
18.30	RUNNING 45'			GROUP CYCLE 45'	POWERBARRE 45'		
	POWERBARRE 45'	CROSS TRAINING 45'		SINGULAR TRX 30'			
19.00		GROUP CYCLE 45'	PILATES 45'				
19.30	ZUMBA 45'			ESPALDA SANA 45'			
20.00		SINGULAR TRX 40'					
21.00							
21.30							

■ NEW
 ■ ZUMBA
 ■ GROUP CYCLE
 ■ CARDIOVASCULAR
 ■ FUERZA
 ■ GIMNASIAS SUAVES
 ■ CLASES 30 MIN
 ■ HIIT











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				RUNNING 45'		GROUP CYCLE 45'	CROSS TRAINING 45'
10.30	GROUP CYCLE 45'	POWERBARRE 45'			ENDURANCE 45'		
	HIPOPRESIVOS 30'	HYROX 45'	GROUP CYCLE 45'	CROSS TRAINING 45'	VINYASA YOGA 50'	BODY PUMP 45'	STRETCHING 45'
11.00			ZUMBA 45'				
11.30	HATHA YOGA 50'	PILATES 45'	CORE 30'	PILATES 45'	CORE 30'	PILATES 45'	
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14.00	SINGULAR TRX 40'						
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17.00		BODY PUMP 45'	VINYASA YOGA 50'	PILATES 45'			
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	PILATES 45'						
18.00		CIRCUIT BOX 50'	HYROX 45'	CARDIO BOX 50'			
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	POWERBARRE 45'	CROSS TRAINING 45'		SINGULAR TRX 30'			
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	PILATES 45'						
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				CORE 30'			
18.30	RUNNING 45'			GROUP CYCLE 45'	POWERBARRE 45'		
	POWERBARRE 45'	CROSS TRAINING 45'		SINGULAR TRX 30'			
19.00		GROUP CYCLE 45'	PILATES 45'				
19.30	ZUMBA 45'			ESPALDA SANA 45'			
20.00		SINGULAR TRX 40'					
21.00							
21.30							

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	PILATES 45'						
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18.30	RUNNING 45'			GROUP CYCLE 45'	POWERBARRE 45'		
	POWERBARRE 45'	CROSS TRAINING 45'		SINGULAR TRX 30'			
19.00		GROUP CYCLE 45'	PILATES 45'				
19.30	ZUMBA 45'			ESPALDA SANA 45'			
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